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Sarasota's Required Implementation Plan for 2020-2021 Academic Year - Submitted on: 11/19/2020

III. Substance use and abuse

Selected grade(s): Grade 6, Grade 7, Grade 8, Grade 9, Grade 10, Grade 11, Grade 12

Selected courses(s) *

2104000 - M/J Social Studies
 1506320 - HOPE-Physical Education Variation
 0061232 - Counselor, Middle/Junior High
 0061233 - Counselor, Senior High School

Selected qualification(s) of the instructors for the selected courses above *

Florida Certified Teacher
 School Nurse
 School Counselor
 School Psychologist

Selected instructional materials used *

Suite 360 Substance Abuse and Prevention Program

Rationale for delivering the instruction in the courses and grades selected above *

Each school was given autonomy regarding the delivery of substance use and abuse education based on the school's needs. School's elected to deliver the instruction in various ways including during an advisory period by teachers, by physical education teachers, small classes in the library, and through our MySCS portal on individual student devices. The substance abuse lesson consists of 30 minutes of student-navigated online lessons and 20 minutes of direct facilitation from a staff member or 50 minutes of staff led facilitation, resulting in a total of 50 minutes of instruction. Each lesson is grade level specific and age/developmentally appropriate. The student navigated lesson also accommodates all students offering a variety of translated texts and the ability to read text aloud to students. The instruction is being by utilized a small student to teacher ratio by instructors that are familiar with the students. This small class setting allows peers to engage in questions using open dialog in a safe space.

The substance use and abuse lesson provides explicit instruction on how students can HELP (Help, Empathize, Listen, Plan) their peers and how to ACT (Apply coping strategies, Consider your options for help, Talk to a trusted adult) if they are in mental distress. Instructors who observed warning signs throughout the lessons and provided students assistance in seeking help. This lesson includes a resource guide which provides national and local resources.

Substance Abuse Prevention:

6A-1.094121 Mental and Emotional Health Education

(j) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs

6A-1094123 Child Trafficking Prevention Education

(b) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs

6A-1.094122 Substance Use and Abuse Health

Education

Selected grade(s): Grade K, Grade 1

Selected courses(s) *

0061231 - Counselor, Elementary School

Selected qualification(s) of the instructors for the selected courses above *

Florida Certified Teacher

School Nurse

School Counselor

School Psychologist

Selected instructional materials used *

Brainpop Jr.

Rationale for delivering the instruction in the courses and grades selected above *

Elementary schools will deliver substance abuse instruction in leu of morning announcements/news show. Delivering substance abuse instruction during this time will allow children to remain with their homeroom teacher, remaining in a small group setting with a teacher they already have a strong rapport with. This small class setting will allow students to engage in questions, using an open dialog in a safe space. An interactive web module will be utilized. Facilitator prep guides will be distributed to all instructors which will outline lesson delivery and included specific resources for students and staff. The district will disseminate a 'Substance Use and Abuse' link and follow up activity. A Facilitator Preparation Guide will be sent with the module. The instructor will facilitate the lesson and activity providing instruction on substance use, abuse, and prevention.

Selected grade(s): Grade 2, Grade 3

Selected courses(s) *

0061231 - Counselor, Elementary School

Selected qualification(s) of the instructors for the selected courses above *

Florida Certified Teacher
School Nurse
School Counselor
School Psychologist

Selected instructional materials used *

Brain Pop Jr

Rationale for delivering the instruction in the courses and grades selected above *

Elementary schools will deliver substance abuse instruction in lieu of morning announcements/news show. Delivering substance abuse instruction during this time will allow children to remain with their homeroom teacher, remaining in a small group setting with a teacher they already have a strong rapport with. This small class setting will allow students to engage in questions, using an open dialog in a safe space. An interactive web module will be utilized. Facilitator prep guides will be distributed to all instructors which will outline lesson delivery and included specific resources for students and staff. The district will disseminate a 'Substance Use and Abuse' Brain Pop Jr. link and follow up activity. A Facilitator Preparation Guide will be sent with the module. The instructor will facilitate the Brain Pop lesson and activity providing instruction on substance use, abuse, and prevention.

Selected grade(s): Grade 4, Grade 5

Selected courses(s) *

0061231 - Counselor, Elementary School

Selected qualification(s) of the instructors for the selected courses above *

Florida Certified Teacher
School Nurse
School Counselor
School Psychologist

Selected instructional materials used *

BrainPop

Rationale for delivering the instruction in the courses and grades selected above *

Elementary schools will deliver substance abuse instruction in lieu of morning announcements/news show. Delivering substance abuse instruction during this time will allow children to remain with their homeroom teacher, remaining in a small group setting with a teacher they already have a strong rapport with. This small class setting will allow students to engage in questions, using an open dialog in a safe space. An interactive web module will be utilized. Facilitator prep guides will be distributed to all instructors which will outline lesson delivery and included specific resources for students and staff. The district will disseminate a 'Substance Use and Abuse' Brain Pop link and follow up activity. A Facilitator Preparation Guide will be sent with the module. The instructor will facilitate the Brain Pop lesson and activity providing instruction on substance use, abuse, and prevention.

N5. Mental and emotional health

Selected grade(s): Grade 6, Grade 7, Grade 8, Grade 9, Grade 10, Grade 11, Grade 12

Selected courses(s) *

1506320 – HOPE-Physical Education Variation
 0061232 – Counselor, Middle/Junior High
 0061233 – Counselor, Senior High School

Selected qualification(s) of the instructors for the selected courses above *

Florida Certified Teacher
 School Nurse
 School Counselor
 School Psychologist

Selected instructional materials used *

Suite 360 Mental and Emotional Health Instruction
 Suite 360 Substance Abuse and Prevention Program

Rationale for delivering the instruction in the courses and grades selected above *

Each school was given autonomy regarding the delivery of mental health instruction based on the school's needs. School's elected to deliver the instruction in various ways including during an advisory period by teachers, by physical education teachers, small classes in the library, and

advisory period by teachers, by physical education teachers, small classes in the library, and through our MySCS portal on individual student devices. Each of the 7 modules are grade level specific and consist of 30 minutes of student-navigated online lessons and 20 minutes of staff led facilitation or direct facilitation from a staff member for 50 minutes, resulting in a total of 350 minutes of instruction. Student navigated lessons also accommodate all students offering a variety of translated texts and the ability to read text aloud to students. The instruction is being delivered in the above courses utilizing a small student to teacher ratio by instructors that are familiar with the students. This small class setting allowed peers to engage in questions using open dialog in a safe space.

Each module provides explicit instruction on how students can HELP (Help, Empathize, Listen, Plan) their peers and how to ACT (Apply coping strategies, Consider your options for help, Talk to a trusted adult) if they are in mental distress. Instructors who observed warning signs throughout the lessons provide students assistance in seeking help. In addition, every lesson includes a resource guide which provides national and local resources.

The following components were covered in each module:

Substance Abuse Prevention:

6A-1.094121 Mental and Emotional Health Education

(j) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs

6A-1094123 Child Trafficking Prevention Education

(b) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs

6A-1.094122 Substance Use and Abuse Health Education

Mental Health Awareness & Assistance:

6A-1.094121 Mental and Emotional Health Education

(b) Prevention of mental health disorders

(c) Mental health awareness and assistance

Healthy Coping Tools for Teens:

6A-1.094121 Mental and Emotional Health Education

(g) Strategies to develop healthy coping techniques

Stop the Stigma- The Truth About Mental Health Disorders:

6A-1.094121 Mental and Emotional Health Education

(a) Recognition of signs and symptoms of mental health disorders

(d) How to reduce the stigma around mental health disorders

Prevention of Self-Harming and Suicide:

6A-1.094121 Mental and Emotional Health Education

(i) Prevention of suicide

You can HELP- Supporting Someone with a Mental Health Disorder:

6A-1.094121 Mental and Emotional Health Education

(h) Strategies to support a peer, friend, or family member with a mental health disorder

Awareness of Resources and the Process for Accessing Treatment:

6A-1.094121 Mental and Emotional Health Education

(e) Awareness of resources, including local school and community resources

(f) The process for accessing treatment

6A-1094123 Child Trafficking Prevention Education

(b) Awareness of resources, including national, state, and local resources

N7. Internet safety**Selected grade(s): Grade 6, Grade 7, Grade 8, Grade 9, Grade 10, Grade 11, Grade 12****Selected courses(s)**

1506320 - HOPE-Physical Education Variation

0061232 - Counselor, Middle/Junior High

0061233 - Counselor, Senior High School

Selected qualification(s) of the instructors for the selected courses above *

Florida Certified Teacher

School Nurse

School Counselor

School Psychologist

Selected method(s) of delivering instruction *

Oral

Written

Digitally

Selected instructional materials used *

Suite 360 Child Trafficking Prevention Education

Rationale for delivering the instruction in the courses and grades selected above *

Each school was given autonomy regarding the delivery of child trafficking and prevention education based on the school's needs. School's elected to deliver the instruction in various ways including during an advisory

period by teachers, by physical education teachers, small classes in the library, and through our MySCS portal on individual student devices. The child trafficking lesson consists of 30 minutes of student-navigated online lessons and 20 minutes of direct facilitation from a staff member or 50 minutes of staff led facilitation, resulting in a total of 50 minutes of instruction. Each lesson is grade level specific and age/developmentally appropriate. The student navigated lesson also accommodates all students offering a variety of translated texts as the ability to read text aloud to students. The instruction is being by utilized a small student to teacher ratio by instructors that are familiar with the students. This small class setting allows peers to engage in questions using open dialog in a safe space.

The child trafficking and prevention lesson provides explicit instruction on how students can HELP (Help, Empathize, Listen, Plan) their peers and how to ACT (Apply coping strategies, Consider your options for help, Talk to a trusted adult) if they need support or assistance. Instructors who observed warning signs throughout the lessons will provide students assistance in seeking help. This lesson includes a resource guide which provides national and local resources.

Human Trafficking Prevention:

6A-1094123 Child Trafficking Prevention Education

- (a) Recognition of the signs of human trafficking
- (b) Awareness of resources, including national, state, and local resources
- (d) Information on the prevalence, nature, and strategies to reduce the risk of human trafficking, techniques to set healthy boundaries, and how to safely seek assistance
- (e) Information on how social media and mobile device applications are used for human trafficking

Selected grade(s): Grade K, Grade 1, Grade 2, Grade 3, Grade 4, Grade 5

Selected courses(s)

0061231 - Counselor, Elementary School

Selected qualification(s) of the instructors for the selected courses above *

Florida Certified Teacher
 School Nurse
 School Counselor
 School Psychologist

Selected method(s) of delivering instruction *

Oral
 Written

Selected instructional materials used *

SELAH Freedom

Rationale for delivering the instruction in the courses and grades selected above *

An interactive PowerPoint will be utilized. Facilitator prep guides will be distributed to all instructors which will outline lesson delivery and included specific resources for students and staff. The district will disseminate a P.A.U.S.E. PowerPoint that was created in collaboration between Student Services Staff, the Elementary Curriculum Department and SELAH Freedom. The instructor will facilitate the PowerPoint lesson and activity providing instruction on human trafficking awareness and prevention.

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